



## Sharm El Sheikh (EGY), November 2025

To: All Member Federations

The FIG AER-TC wishes to notify our Member Federations of the following information.

### < INFORMATION >

#### RE-TEST Judges' Course

There are still open places for the Re-Test for the AER Judges' Course in Lausanne.


If any judge, who have taken the International Courses and did not meet the standard, please contact FIG office for a late registration as soon as possible.

Arrival: November 30, 2025

Course: December 1, 2025

Exam: December 2, 2025 (in the morning)

Departure: December 3, 2025 (or late afternoon of the 2nd)

More details are available in the FIG website. 

### < CLARIFICATIONS / RIMENDER >

The FIG AER-TC would like to Clarify and Remind below matters:

#### PART 2

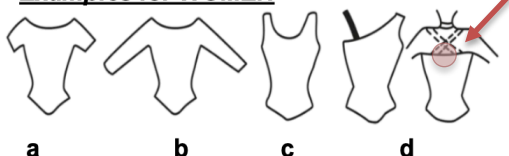
#### CHAPTER 3: 3.12 – COMPETITION ATTIRE < WOMEN > (page 15)

Holes in women s leotards:

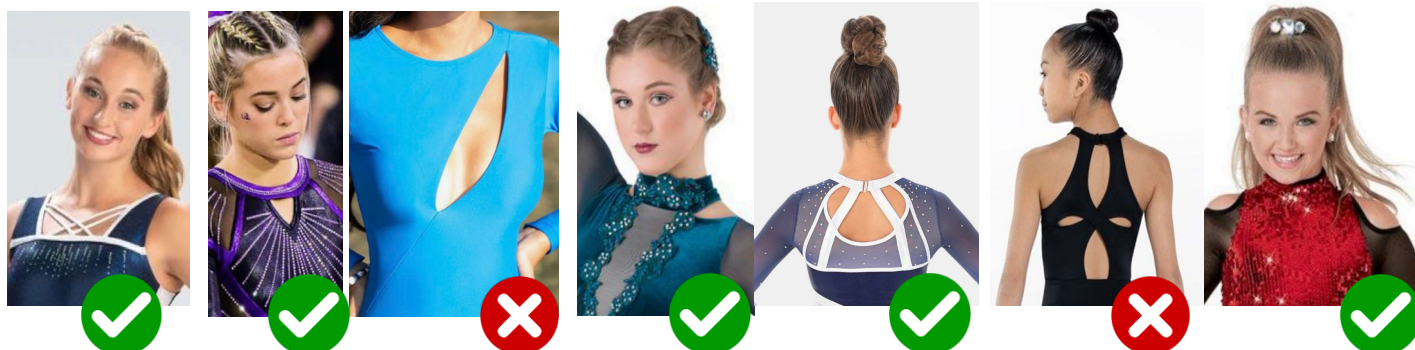
As illustrated in the picture below, taken from the Code of Points, holes in leotards are permitted, provided they comply with the following regulations:

- For the front of the leotard / unitard, any hole located on the trunk must not extend lower than halfway down the sternum.
- For the back of the leotard / unitard, any hole must not extend below the lower line of the shoulder blades.

#### Examples for WOMEN



Examples of allowed and deduction for women leotard:



#### Aerobic Dance / Aerobic Step – Skirt

The skirt shall consist of one or more layers of continuous fabric/material forming a whole piece and must extend and cover around the entire circumference of the hips. Elements made solely of strips or fringes shall not be considered a skirt, even if they partially cover the same area. The skirt shall not have excessive volume or resemble a type of ballet “Tutu”.





## CHAPTER 6: 6.4 – EVALUATION (page 31)

Regarding the artistic deductions, the Technical Committee would like to remind you all that the applicable deductions are exclusively those listed in the table of the Code of Points.

There are **NO DEDUCTION** related to “the **quality of music** and/or **abusing of the sound effects**.”

Music quality and/or sound effects are evaluated on the provided Scale under Music (Selection, Composition, Editing Quality, Musicality).

### DEDUCTION (Reduce)

Criteria	Details	Reduce
Aerobic Content	Missing AMP set	<b>-0.50</b> (each set)
	Missing AMP Block	<b>-0.50</b>
General Content	Less than 3 collaborations	<b>-0.50</b>
	Missing zone / area	<b>-0.50</b>
Artistic Routine	Missing introduction	<b>-0.50</b>
	Ending with elements	<b>-0.50</b>
Performance	Performed with a FALL	<b>-0.50</b>

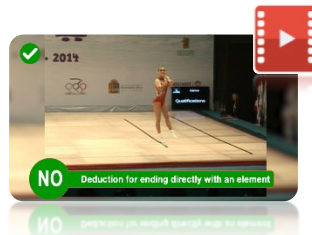
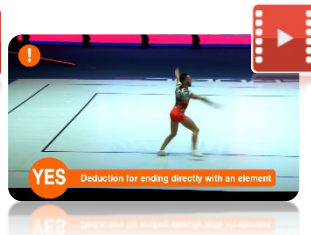
## CHAPTER 6: 6.7 – EVALUATION (page 37)

Clarification of the word **“directly”** in relation to the deduction applied to the ending of the routine.

For **proper ending of the routine**, if the gymnast includes an element (Difficulty / Acrobatic) in the end of the routine, the gymnast **MUST** execute **at least 4 counts of movements** following the last element until the end of the routine (ending pose maybe included).



### Deduction (reduce) from the scale score at the end:

- If there is no “Opening” or starts directly with an element, the A-Jury will reduce **-0.50**
- If the routine ends directly with an element (**less than 4 counts**), the A-Jury will reduce **-0.50**



## APPENDIX 8–DIFFICULTY ELEMENTS – SPLIT JUMP and SWITCH TO SPLIT

Example videos: clear switch action need to be seen.

No.	Value	1/1 TURN SPLIT JUMP TO SPLIT		
B 677	0.7	1.	A Vertical Split Jump from two feet take off.	
		2.	While airborne the body makes a 360° turn, the body inclines and prepares for landing.	
		3.	Landing in Sagittal Split facing the same direction from the start.	
				





# Aerobic Gymnastic

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No.	Value	1 ½ TURN SPLIT JUMP TO SPLIT		
B 678	0.8	<ol style="list-style-type: none"> <li>1. A Vertical Split Jump from two feet take off.</li> <li>2. While airborne, the body makes a 540° turn, the body inclines and prepares for landing.</li> <li>3. Landing in Sagittal Split facing the opposite direction from the start.</li> </ol>		

No.	Value	1/1 TURN SPLIT JUMP SWITCH TO SPLIT		
B 688	0.8	<ol style="list-style-type: none"> <li>1. A Vertical jump from two feet take off with a 360° turn into a Split.</li> <li>2. While airborne the legs switch, the body inclines and prepares for landing.</li> <li>3. Landing in Sagittal Split facing the same direction from the start.</li> </ol>		

No.	Value	1 ½ TURN SPLIT JUMP SWITCH TO SPLIT		
B 689	0.9	<ol style="list-style-type: none"> <li>1. A Vertical jump from two feet take off with a 360° turn into a Split.</li> <li>2. While airborne, the legs switch with a rotation of the body of 180°, then the body inclines and prepares for landing.</li> <li>3. Landing in Sagittal Split facing the opposite direction from the start.</li> </ol>		

## < CORRECTION > Newsletter 3

Please make correction to the “TAKE OFF and LANDING OPTION” chart.

**DELETE:** ~~ONE~~ or

**Sagittal Split Jump** must take off with **TWO FEET** only.

TAKE OFF AND LANDING OPTIONS ( <b>ONE OR TWO FEET</b> ) FOR <b>STANDING JUMPS / LEAPS</b>				
BASE NAME	COP – TAKE OFF DESCRIPTION	TAKE OFF / OPTIONS	COP LANDING DESCRIPTION (for land n STANDING)	LANDING in standing
Sagittal Split Jump	<b>Two</b> -foot take off	<b>ONE</b> or TWO FEET	Land on <b>both</b> feet	TWO FEET

## <Competition Calendar > 2025

< CALENDAR 2025 > as of October 31, 2025

ID	DATES	TITLE	CITY
17968	09/11/2025 - 11/11/2025	1st European Under 15 Championships	Ganja (AZE)
17967	09/11/2025 - 11/11/2025	14th Junior European Championships	Ganja (AZE)
17966	14/11/2025 - 16/11/2025	14th Senior European Championships	Ganja (AZE)
18285	22/11/2025 - 23/11/2025	2025 10 <sup>th</sup> Korea Open	Busan (KOR)

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